

MetroWest T'ai Chi

www.MetroWestTaiChi.com

508-656-0550

Jon@MetroWestTaiChi.com

Moves from Third Section

1. Turn and Kick With Left Heel
2. Brush Knee and Press, Right
3. Brush Knee and Press, Left
4. Low Punch
5. Double-Handed Ward Off
6. Deflect Right, Roll Back Left
7. Press, Roll, Separate, Withdraw and Push
8. Drop, Wipe, Gather Water, Single Whip
9. Fair Maiden at the Shuttles, Right (1st Corner)
10. Fair Maiden at the Shuttles, Left (2nd Corner)
11. Fair Maiden at the Shuttles, Right (3rd Corner)
12. Fair Maiden at the Shuttles, Left (4th Corner)
13. Ward off Left, Ward off Right
14. Deflect Right, Roll Back Left
15. Press, Roll, Separate, Withdraw and Push
16. Drop, Wipe, Gather Water
17. Low Single Whip
18. Snake Creeps Down
19. Up To Seven Stars
20. Ride the Tiger
21. Sweep the Lotus
22. Kick to Palms
23. Bend the Bow
24. Shoot the Tiger
25. Twist Step, Left
26. Twist Step, Right (Form Handshake and Fist)
27. Straight Step (Punch Opponent's Knee / Under Left Forearm)
28. Brush Elbows
29. Double Upward Block
30. Cross Wrists
31. Close